Do you know someone in crisis?
You can be a lifeline & help support them!

Here are five steps you can take that are known to help:

1. **ASK:**
   Are you thinking about suicide? How do you hurt? How can I help?

2. **BE THERE:**
   In person or on the phone. Show support. Listen. Keep promises to connect.

3. **HELP KEEP THEM SAFE:**
   If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.

4. **HELP THEM CONNECT:**
   When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.

5. **FOLLOW UP:**
   After the immediate crisis is over, check in. That text or call afterwards makes a real difference.

SOURCE: #BeThe1To @https://www.bethe1to.com/bethe1to-steps-evidence/